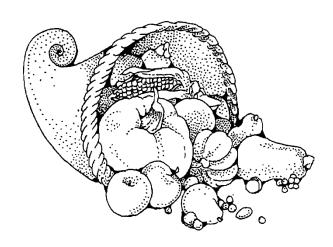
UF/IFAS Leon County Extension Presents:

GROW HEALTHY, EAT HEALTHY

WINTER WORKSHOP

Nutritious Meals from Seed to Fork



Presenters- Molly Jameson: Sustainable Agriculture and Community Food Systems Agent Chelsea Marshall-Hirvela: Family Nutrition Program Assistant Join the UF/IFAS Leon County Extension team for a free healthy living demonstration.

- Learn how to start your own compost and vermicompost at home.
- Participate in a hands on composting activity.
- Learn how to cook healthy meals at home using seasonal produce.
- Watch a cooking demonstration.
- Take home recipe cards for healthy meals for you to try.

November 18th, 6:00pm- 7:30pm

Collins Main Library 200 W. Park Ave. Tallahassee, FL 32301

"The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-866-762-2237. TTY/TTD/FRS dial 711. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The USDA and the University of Florida IFAS Extension are equal opportunity providers and employers. If you have a disability that requires special accommodations, please contact us at least 96 hours before the program begins."





UF/IFAS LEON COUNTY EXTENSION

